

# Pull Your Weight

Pull your weight is healthy. Pulling your weight is good exercise for your body. So you could be skinny and strong. By listening to your exercises teacher and different people. And don't lift big weights if you are a kid, they could fall on you and you could get a bad injury. Make sure there is room around you. You should have an adult with you. Have an adult show you before you do it yourself.

You shouldn't wear flipflops or sandals, wear sneakers or tennis shoes.

You could ask an adult to help you with something heavy. Lifting weights keeps you healthy, \* builds your muscles, makes you stronger, so you can help other people. Eat a healthy breakfast, no junk food, before lifting weights. You should practice at home or at school or the park or at other places.

